新米姉妹のふたりごはん
公式サイト&公式Twitter公開中!
新米姉妹　特設　で検索
Twitterアカウント：@hutarigohan
新米姉妹の最新情報や料理情報が満載!

最新
単行本2巻
発売中!

単行本
累計発行部数
10万部
突破!

HAVING FUN DELICIOUSLY, EVEN ON HOT DAYS!

12th Course
Macarons

新米姉妹のふたりごはん!

Let's have a meal together!

柊ゆたか

Sachi's thinking about something today...

What is it?

I never see you thinking so hard like this

Mm.

I was thinking about how little I know about Ayari

What Ayari's like at school,

Haven't you two hit it off since then?

I've heard that before.

Mm, but.

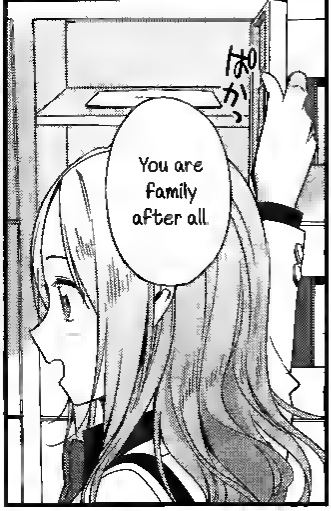
Is that really okay?

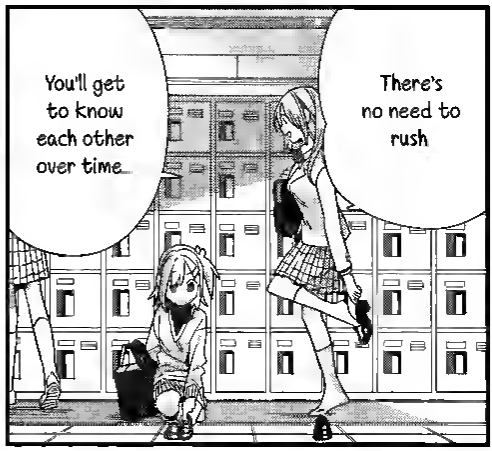
I'm her big sister, but I don't know about any of that

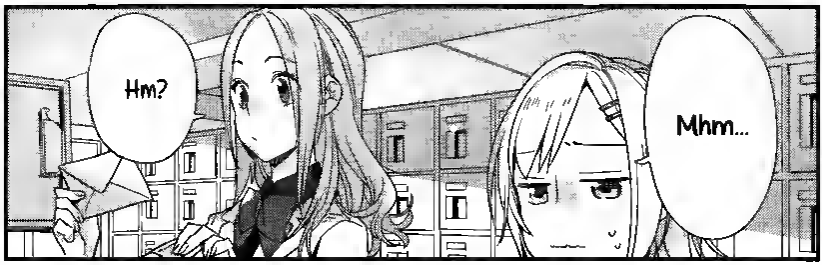
or about her father

...Yeah.

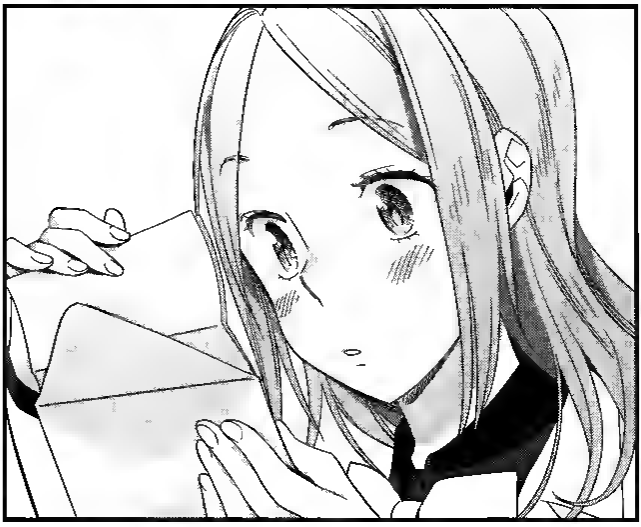
She doesn't know about your mother either, right?


ばか
You are family after all.


There's no need to rush
You'll get to know each other over time.


Mhm...
Hm?

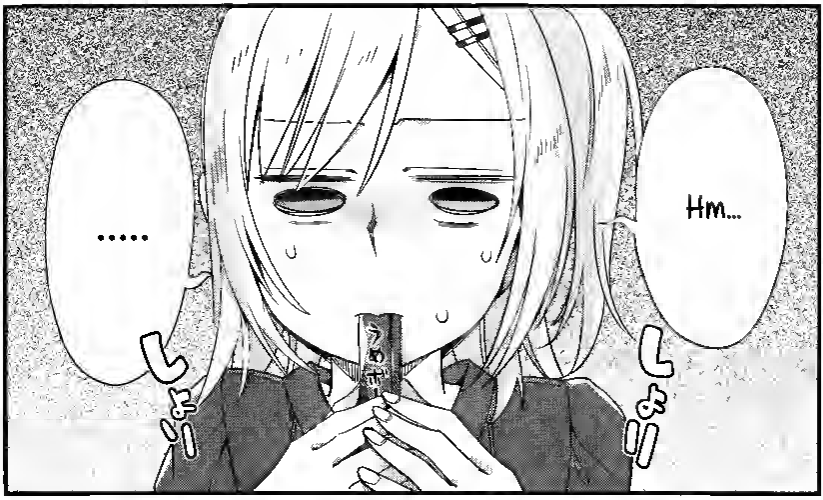
Huh? What's that?



It looks like

a love letter

LOVE LETTER!?


Hm...
.....
しょぼーん
しょぼーん

Hm...
What is it, Nee-san?
I never see you thinking so hard like this
What do I do, Ayari?
はっ
しょぼーん
しょぼーん
しょぼーん

Eri might stop eating lunch with me!!

Huh?

Growing up, Eri's always been by my side

We even eat lunch together

But if Eri gets a boyfriend, she might stop hanging out with me...

ERI!!

キーン コーン カーン コーン

ガーン
YOU SHOULD EAT BY YOURSELF FROM NOW ON.
HUH?
LET'S EAT LUNCH TOGETHER ERI!
SORRY!
I'M ABOUT TO HAVE LUNCH WITH HIM TODAY.

THAT'S...
BYE-BYE!
ERIIII!!
ひゃ!
I don't want that!
Nee-san..

Let's cook something as a present to Eri-san!

Huh?

So if Nee-san cooked something for Eri, maybe you could get your feelings to her that way?

Ayari...

C-Cooking is the only thing I know about...

Nee-san... I think, you and me... we got closer, little by little... through cooking

I'll win Eri through her stomach!
I got it!
Okay!
So I was thinking...
Yeah. Eri loves macarons, so I want to give some to her
...Are they hard to make?
You want to make maca-rons?

They are, but..

I'll help you, so

put your feelings in them, Nee-san!

Okay!

You need egg whites, granulated sugar, food coloring,

powdered sugar,

and almond flour.

First, chill the egg whites and beat them to form a meringue
Mix in food coloring
and half the sugar at low speed.
It went from red to pink!
So pretty!
Mix in the remaining sugar,
and beat at high speed again.

Even when I flip it, it doesn't spill!

So pink and glossy!

Wow!

I just want to keep staring at it!

Add sifted almond flour and powdered sugar.

Goodbye..

Now it's time for macaronage.

Macaro-nage!?

It's the process of breaking up the bubbles and controlling the firmness while mixing the batter.

If it's not done just right,

it'll ruin everything.

Just you wait, Eri's stomach!

I'll do my best!

I-Is this enough?

A little more's fine

How about now?

Still a little more

complete!

It's...

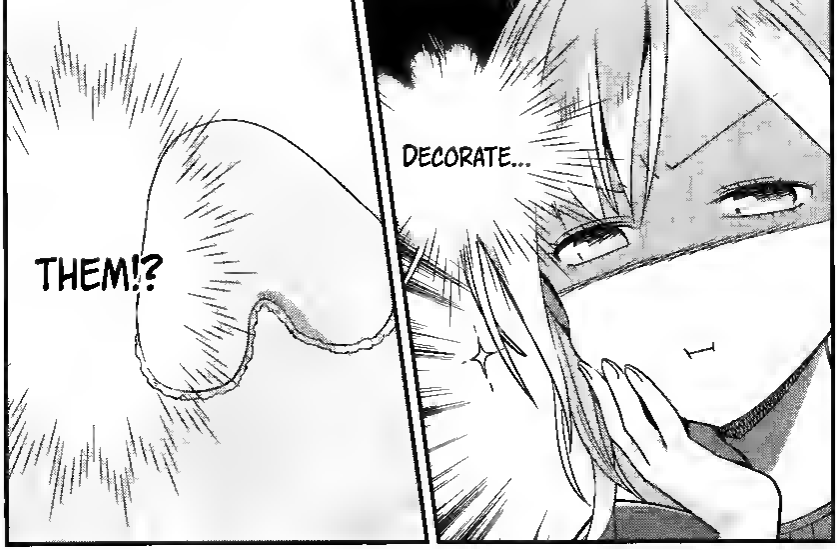
and make 3 cm wide circles

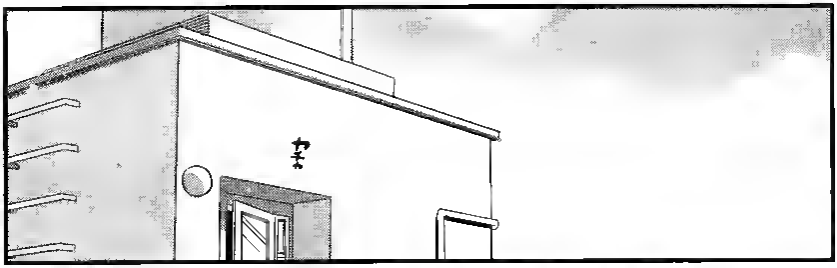
Put the macaronaged batter into a pastry bag

Please come out round,
please come out-
Ah!
Ah!
Ahh!
There's still plenty of batter..
Done!

ほーっ
Let the macaron batter dry for an hour and a half before baking in the oven.
While we're waiting, let's make the cream that goes inside.
I love eating lunch with her every day.
I hope Eri enjoys them

Since I was usually by myself at home
BEEP! BEEP!
Now we just have to add the cream
and decorate them
They turned out well
The part underneath, too
Wow, macarons!


DECORATE...
THEM!?

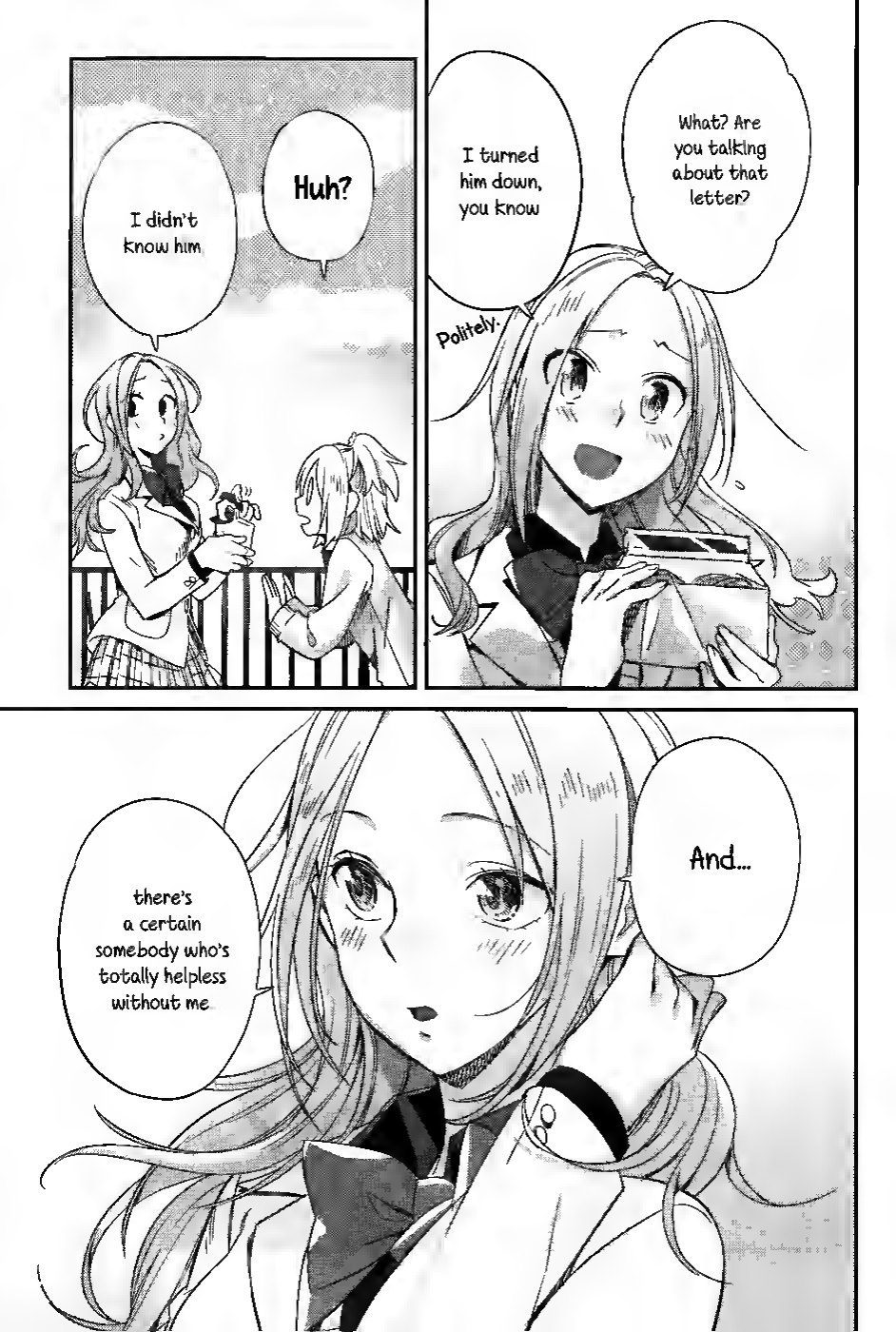


Eri!!

Calling me out so formally..
What is it, Sachi?

Even if you do get a boyfriend, please continue eating lunch with me!

はい


Huh?
I didn't know him
What? Are you talking about that letter?
I turned him down, you know
Politely.
And...
there's a certain somebody who's totally helpless without me

you'll still eat lunch with me?
Of course!
Oh...
Th-Then
Macarons!
You made them for me?

Huh.
I screwed up, so...
An alien!
Wait.
What's this?
An octopus?
Time to eat.
CRUNCH
Mhm! This crunchy to fluffy texture!
I love it!
Mn ♡ You used white chocolate inside, huh.
The milk flavor goes well with the macaron's sweetness. It's good!
Really?!

We can eat it together!

I'll make it again sometime!

Macarons conveyed Sachi's feelings better than any words could...

Thank you.

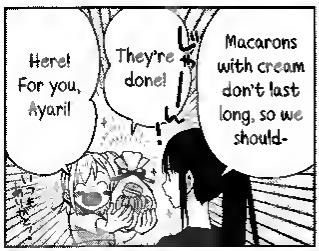
I'm really happy.

◀◀ To be continued next issue!

October issue will be out August 27th!

今日のふたりレシピ vol. 12

today's futari recipe



MACARONS

INGREDIENTS:
- MACARON BATTER
- 55G EGG WHITES
- 25G GRANULATED SUGAR
- 70G ALMOND FLOUR
- 110G POWDERED SUGAR
- FOOD COLORING

GANACHE:
- 80G WHITE CHOCOLATE
- 80G FRESH CREAM

MACARON BASE:

1. MIX THE ALMOND FLOUR AND SIFTED POWDERED SUGAR TOGETHER
2. MIX THE EGG WHITES FOOD COLORING AND HALF THE GRANULATED SUGAR TOGETHER. BEAT WELL. WHEN PEAKS BEGIN TO FORM ADD IN THE REMAINING SUGAR AND BEAT UNTIL THE PEAKS ARE STIFF
3. USE A RUBBER SPATULA OR SCRAPER TO FOLD STEP 1 IS FLOUR INTO THE BATTER FROM STEP 2 MACARONAGE THE BATTER UNTIL IT IS GLOSSY AND SMOOTH
4. FILL A PASTRY BAG WITH THE BATTER AND PIPE OUT DISKS ABOUT 3 CM WIDE ON THE COUNTERTOP LET THEM DRY UNTIL THEY NO LONGER STICK TO THE TOUCH (ABOUT AN HOUR AND HALF)
5. PRE-HEAT OVEN TO 190°C BAKE FOR 15 MINUTES AT 150°C

GANACHE

1. PUT FINELY CHOPPED CHOCOLATE IN A BOWL. POUR HOT CREAM IN AND MIX UNTIL SMOOTH
2. PUT THE BOWL FROM STEP 1 INTO A BOWL OF ICE WATER. USE A PLASTIC SPATULA TO MIX UNTIL THE CREAM IS GLOSSY AND COOL.

ASSEMBLY:

1. SPREAD GANACHE ON UNDERSIDE OF ONE DISC. PUT ANOTHER DISC ON IT. TO FINISH

MACARONS ARE INCREDIBLY POPULAR AMONG WOMEN. MAKING THEM IS QUITE DIFFICULT FOR THOSE NEW TO COOKING. BUT SACHI SUCCEEDED WITH FLYING COLORS. YOU CAN TELL SHE HAS A FIRM GRASP ON ERI'S STOMACH

MACARONS ARE A CONFECTION MADE BY BAKING MERINGUE (EGG WHITES), SUGAR, AND ALMONDS. WHEN DONE WELL THEY ARRIVE IN THE MOUTH WITH A SATISFYING CRUNCH FIRST AND THEN SOFTLY DISSOLVE. WHAT SACHI AND AYARI MADE THIS TIME IS CALLED THE PARIS MACARON. TWO MACARONS PUT TOGETHER WITH CREAM OR JAM BETWEEN THEM

THE GOOD THING ABOUT MAKING MACARONS AT HOME IS THAT YOU CAN MAKE THEM TO YOUR OWN PREFERENCES. SACHI AND AYARI USED FOOD COLORING FOR THEIR PINK MACARONS. BUT YOU CAN SUBSTITUTE GREEN TEA, SOYBEAN FLOUR, OR BLACK TEA TO MAKE YOUR OWN MATCHA, KINAKO, OR BLACK TEA MACARONS. THE CREAM IS TRADITIONALLY GANACHE (CHOCOLATE CREAM) OR BUTTERCREAM. BUT IF YOU'RE MAKING MATCHA MACARONS YOU COULD MIX GREEN TEA INTO THE BUTTERCREAM

THERE'S A FEW THINGS TO KEEP IN MIND WHEN MAKING MACARONS. FIRST, IT'S GOOD TO PUT ASIDE THE EGG WHITES FOR A WHILE. IF YOU LOOK CLOSELY AT EGG WHITES, YOU CAN SEE THERE'S TWO PARTS. THE THICKER STRINGY PART THAT COVERS THE YOLK, AND THE REST OF IT. THE THICKER PART ISN'T SUITED FOR MAKING MERINGUE. IT BREAKS DOWN WITH THE PASSAGE OF TIME, SO JUST PUT IT AWAY FOR A FEW DAYS. OF COURSE, YOU HAVE TO PUT IT IN THE FRIDGE DURING THE SUMMER

SECONDLY, ADDING MORE SUGAR WILL MAKE A MORE STABLE MERINGUE. BUT IT'LL ALSO AFFECT THE TEXTURE. IT'S EASIER TO MAKE MACARONS WITH A STIFF MERINGUE. BUT IT'LL ALSO BE CORRESPONDLY HARDER TO ACHIEVE THAT MELT-IN-YOUR-MOUTH FEEL. YOU CAN MAKE IT WITH LOTS OF SUGAR THE FIRST FEW TIMES AND THEN GRADUALLY REDUCE THE AMOUNT ONCE YOU GET USED TO IT

THE BIGGEST CHALLENGE FOR BEGINNERS IS THE MACARONAGE. HERE, WHAT YOU NEED TO REMEMBER IS TO STOP JUST A BIT BEFORE YOU EXPECT IT TO BE DONE. THE LAST STEP IS TO TRANSFER THE MIXTURE FROM THE BOWL TO THE PIPE BAG AND SQUISH ANY BUBBLES THAT APPEAR AFTER PIPING. THE MACARONAGE IS STILL HAPPENING DURING THIS STEP, SO STOPPING JUST A BIT BEFORE IS JUST WHAT YOU NEED

MACARONS ARE DIFFICULT BUT SATISFACTION AND DELICIOUSNESS GO TO THOSE WHO MAKE THEM WELL. WHY DON'T YOU GIVE IT A TRY AND PRESENT IT AS A GIFT TO SOMEONE YOU LOVE?

Illustration Hiragi Yutaka

PRACTICAL!!

Futari Gohan

★ COOKING MANGA RESEARCHER SUGIMURA KEI'S ★

SUGIMURA KEI

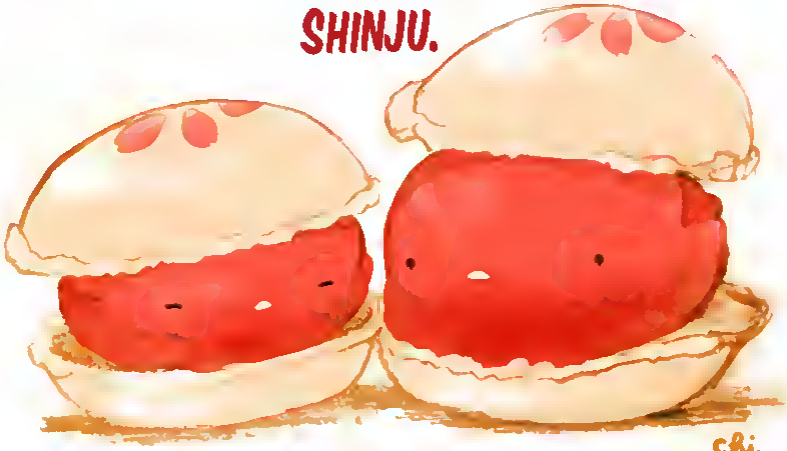
Profile

THE POPULAR COOKING MANGA RESEARCHER BEHINDE "SOY SAUCE NOTEBOOK," "WHITE HOT SAKE CLASSROOM," AND MANY OTHERS. WORKS. HE'LL TALK ABOUT THE COOKING FEATURE 4 IN "SHINMAI SHIMAI NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

TRANSLATION: ALMOND

QC: PATAMON, FIRELILY, SHINJU.

TYPESETTING: NOUZ



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